



**A STAND-OUT SPOT
FOR VIETNAMESE
FOOD
LUNCH RUSH** {page 17}



INK REMOVAL
CELEBS LASER AWAY
TATTOOS, BUT WHAT
ARE THE RISKS? {page 14}



CALGARY

metro®

Tuesday, November 1, 2011
www.metronews.ca



News worth sharing.

Cops nabbing drunker drivers

► Revelation fuels debate over strengthened impaired-driving laws ► Some motorists climbing behind the wheel at three times the legal limit: Sergeant ► News comes following deadly crashes linked to alcohol

Calgary police say they are catching drivers heavily under the influence of alcohol and that is fuelling calls by anti-impairment advocates for strengthened legislation.

Sgt. Richard Butler said the

number of impaired charges being laid in 2011 remains steady but members have found the average offender is registering a blood-alcohol concentration that is nearly three times the legal limit.

"It's very worrying," he said. "As the alcohol level increases, it's not a matter of if but when you are going to be involved in a collision."

This revelation yesterday came after a deadly weekend on Cal-

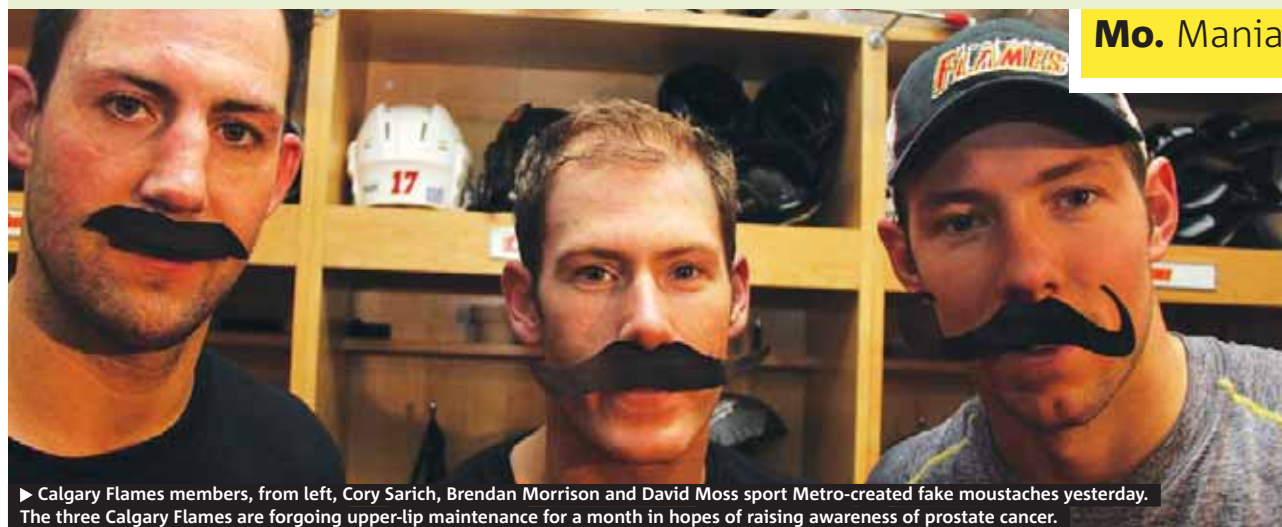
gary roads that saw two collisions, including one that claimed two lives, being attributed to alcohol.

Denise Dubyk, Mothers Against Drunk Driving Canada president, deemed the police findings disturbing and said tough-

ening Alberta's impaired driving laws could serve as an important deterrent. **JEREMY NOLAIS**



For more, visit
metronews.ca/calgary



Mo. Mania

► Calgary Flames members, from left, Cory Sarich, Brendan Morrison and David Moss sport Metro-created fake moustaches yesterday. The three Calgary Flames are forgoing upper-lip maintenance for a month in hopes of raising awareness of prostate cancer.

JEREMY NOLAIS/METRO

Flames gear up to grow Mo

The Calgary Flames' moustache initiative is part of the annual Movember event. Last year, Calgarians raised more than \$2 million for the cause.

Paxton trial

Alleged victim testifies

► Man says he didn't flee violence because he didn't want to be a 'sissy' {page 3}

Edmonton imam freed

Saudi authorities release man reportedly beaten, arrested {page 6}



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Alleged victim blames foolish pride

► Man says he was beaten with a cane, extension cord and dog leash

A man allegedly tortured by his former roommate says the beatings started the first day they were together in Calgary, but he never left because he didn't want to be a "sissy."

The 28-year-old, who cannot be identified under a court order, took the stand yesterday at Dustin Paxton's trial. A large video screen hid him from Paxton, who is accused of aggravated assault, sexual assault and forcible confinement over a period of two years.

The man talked about how he and Paxton met through a mutual acquaintance in Winnipeg and grew closer as time passed.

When Paxton moved to booming Calgary a few years later, he asked his friend to join him. He landed in Calgary and went directly to where Paxton was working. Later that evening when they were at Paxton's room, he said things turned violent.

"Dustin got mad and started hitting me on the

"He lost his mind and started beating and choking me."

28-YEAR-OLD ALLEGED VICTIM OF DUSTIN PAXTON

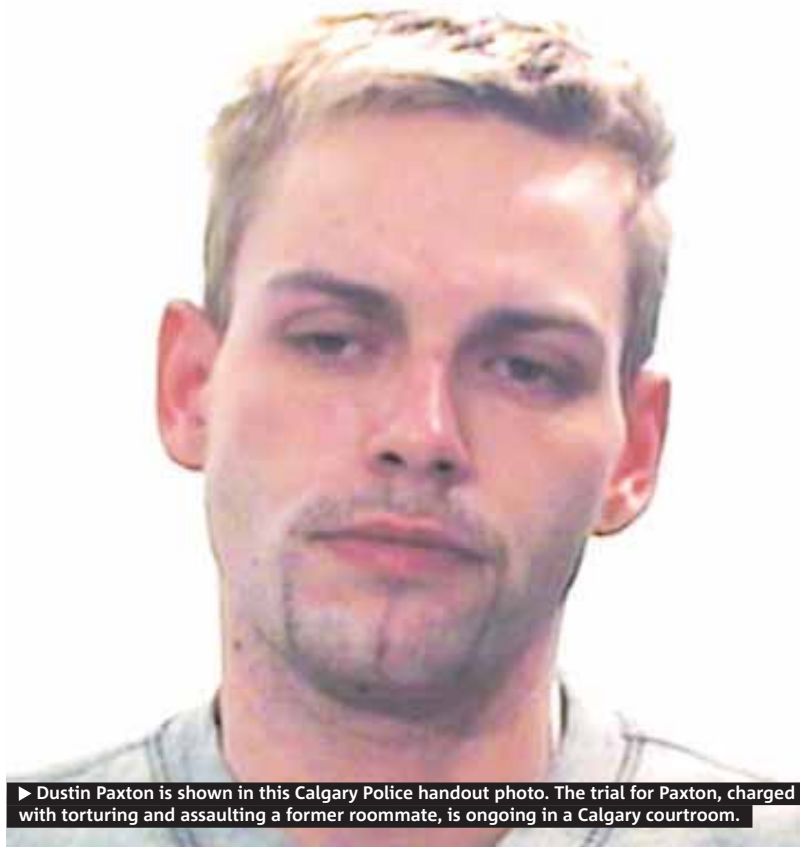
head with a steel-toed boot."

He said the beating lasted 10 to 15 minutes and Paxton later said he was sorry. He said things improved somewhat when the two men got an apartment together because he would do everything Paxton told him to do.

But the violent episodes continued. He testified that Paxton flew into a rage one day over hashbrowns that the roommate had saved in the fridge for his lunch.

The man's testimony has been anticipated for weeks. Court has already heard he was beaten, bruised and emaciated when he was dropped off at a Regina hospital in April 2010. Paxton has pleaded not guilty to the charges.

THE CANADIAN PRESS



► Dustin Paxton is shown in this Calgary Police handout photo. The trial for Paxton, charged with torturing and assaulting a former roommate, is ongoing in a Calgary courtroom.

Food trucks keep on rolling

Following the success of the first phase of Calgary's food-truck pilot program, Mayor Naheed Nenshi said the next step is to see how well the trucks roll in the winter.

During a food truck event at Olympic Plaza yesterday, Nenshi said the pilot project will continue for another year.

10 Nenshi said there have been fewer than 10 complaints issued since food trucks were launched.

"As you can tell by the crowds around here, people are really excited. There's a ton of market demand."

● KATIE TURNER



► Mayor Naheed Nenshi holds four-month-old Jake Bankowski.

News in brief

Homicide victim ID'd

MURDER. Calgary's seventh homicide victim has been identified as Marcella Ann Rose Gramlich, 53, of Calgary. Police say she died of blunt force trauma. Diane Ruby

Palmantier, 38, has been charged with first-degree murder. ● METRO

Metro in November

MOUSTACHE. Metro editor Darren Krause and Metro columnist Mike Morrison are in a November grow-off. For updates visit metronews.ca/calgary.

● METRO

1
news



A young Inuit walrus hunter tears up as he recalls how his life was saved by a rescue team that lost one of its members. Scan code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

An animal-rights group vows to inundate police in Gatineau, Que., with angry letters over the shooting of two stray cows. Video at metronews.ca/video

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Occupy an intrusive holiday guest?

► Halifax mayor fears for city's Christmas fest ► Winnipeg campers settle in, expect Internet hookup

From evictions — forced and voluntary — to a dispute over a rat infestation: Here's a look at what's going on in Week 7 of the Occupy protests.

NOVA SCOTIA

Occupy Nova Scotia protesters temporarily relocate for Remembrance Day but their occupation of Grand Parade isn't over.

Protesters issued a press release late Sunday saying they would leave the area out of respect for Remembrance Day, and relocate to a nearby park.

But Halifax Regional Mu-

nicipality says it has plans for a public parade during the upcoming holiday season, and the city's mayor asked protesters not to return at all.

WINNIPEG

If Winnipeggers aren't quite sure why there are people camping in Memorial Park, they're not the only ones.

When asked about the Occupy Winnipeg movement, now entering its third week, Mayor Sam Katz was mystified.

"What are they trying to accomplish? I personally

don't get it," Katz told media late last week.

VANCOUVER

The Downtown Vancouver Business Improvement Association wants Occupy Vancouver's tent city shut down after reports of rats scurrying across the lawn of the Vancouver Art Gallery.

"If there was a rodent problem at a restaurant, it would be shut down. It's the same protocol," said Charles Gauthier, executive director of the DVBA.

UNITED STATES

Police cleared out a plaza in Richmond, Va., early yesterday that had been home to Occupy Wall Street protesters, ordering out dozens of

FRANK FRANKLIN/THE ASSOCIATED PRESS



► Pedalling for battery power at Occupy Wall Street.

"Please accept these humble donations. I am poor and am fighting foreclosure, but if you are willing to occupy and keep this message alive, I will support you." ANONYMOUS

"The movement is growing, but if leadership doesn't emerge soon, then it will turn into an unruly mob scene. At all costs, this has to be prevented."

AL ROSS, FLORIDA

"I'm in your shoes and on your side!"

ANNE ROWINSKI, MAINE

"Dear 99ers! It is gratifying to watch you channel your righteous anger into organized and active resistance."

HENRY KING, GLASGOW

"Here are some cookies for the demonstrators. I will keep sending them as long as you keep protesting."

BETTE SNYDER, OHIO

"I feel inspired in a way that I haven't been in years."

STEVE ISKOVITZ IN PITTSBURGH

SINCE THE PROTESTS BEGAN ON SEPT. 17, VOLUNTEERS AT ZUCCOTTI PARK SAY THEY'VE RECEIVED ABOUT 2,000 LETTERS FROM THE UNEMPLOYED, COLLEGE STUDENTS IN DEBT AND GRANDMOTHERS WORRIED ABOUT FINANCIAL STRUGGLES OF YOUNGER GENERATIONS. TO VIEW MORE, VISIT OCCUPY-WALLSTREETCAREPACKAGES.TUMBLR.COM.

"(OWS) offers something that has been in very short supply these days — hope. Hope that maybe we can make a difference." ANONYMOUS

"I can honestly say for the first time in my cynical, contrarian years that I am damn proud to be an American!"

ANONYMOUS COLLEGE STUDENT

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Northgate Centre
Northgate Centre- kiosk
Sherwood Park Mall
South Edmonton Common
South Park Centre
Southgate Mall -kiosk
St. Albert Trail at 137 Ave.
West Edmonton Mall
West Edmonton Mall- kiosk
Westmount Centre
Whyte Avenue at 107 St.

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Prairie Mall

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Canadian released from Saudi jail

▶ Edmonton imam abruptly freed from Saudi Arabia jail after being beaten and arrested ▶ Friends claim intense media focus aided in his release

A Canadian imam who was beaten, arrested and falsely charged while on pilgrimage in Saudi Arabia has been freed following media coverage of his ordeal and pressure from a human rights group.

Usama Al-Atar, 33, of Edmonton was released yesterday following publicity about the incident, which took place Sunday in Medi-

na, said Mohamed Hayward, who witnessed the attack.

Al-Atar was leading a small prayer group that included Hayward when they were asked to move along by Saudi religious police.

Between 10 and 15 of the officers then harassed the pilgrims and attacked Al-Atar before taking him into custody, Hayward said. Al-

Atar was being "virtually strangled" by his assailants, he added.

Hayward said he didn't try to resist the roughing up and remained passive, but authorities still went on to arrest him.

But when he was expected to make a court appearance yesterday, Al-Atar was abruptly released instead.

THE CANADIAN PRESS

Details

- 1 Al-Atar, a researcher at the University of Alberta, has an elderly father, pregnant wife and three year-old-child in Canada.
- 2 The U.K.-based Islamic Human Rights Commission helped secure his freedom.



▶ Usama Al-Atar is shown in a photo released yesterday by the Islamic Human Rights Commission.

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JESSICA NAPIER
METRO



likely to bite their tongues for an average of just 47 hours and 15 minutes before blabbing. That's less than two full days, and frankly, I'm not surprised. In an age of celebrity blogs and constant social networking, over-sharing is now the norm, while keeping a secret has become a lost art.

As trivial as it might be, gossip is a guilty pleasure that just won't quit. It's what keeps US Weekly in business and it's why Perez Hilton isn't working at a Taco Bell.

Sharing secrets can serve many purposes. Some find it to be a positive form of catharsis, others use gossip as a communication tool to network or bond with a group, and some just get a twisted schadenfreude-esque delight out of the pain and suffering of others.

Anyone who tracks the ups and downs of Jennifer Aniston's love life — you can go ahead and put yourself in that third category.

"So does privacy count for nothing anymore? We're posting, sharing and consuming an unhealthy amount of information about each other and ourselves; isn't it time we start re-learning the art of keeping secrets?"

So does privacy count for nothing anymore? We're posting, sharing and consuming an unhealthy amount of information about each other and ourselves; isn't it time we start thinking about relearning the art of keeping secrets?

To clarify, secrets are not lies. I'm not condoning deceit, just the idea that sometimes withholding information is better than putting it all out there. Keeping secrets amongst our friends and lovers can actually be healthy. I mean, isn't it nice to keep some of the mystery alive?

Here are just some things that are better kept to yourself: your nauseating pet names for your partner, status updates on that skin rash you've been dealing with, photos of pelvic bones, weekly measurements of your expanding "baby bump" and anything involving your bathroom habits.

Please, folks, do away with full disclosure and realize that not every part of your life belongs to the Internet.

Read more of Jessica Napier's columns at metronews.ca/shesays

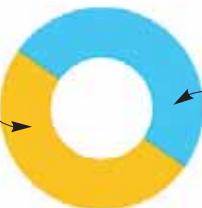


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Has the Occupy movement gone on long enough?

50%

YES, THEY'VE MADE THEIR POINT. IT'S TIME TO SHUT IT DOWN.



50%
NO. IT STILL HAS LEGS.

Letters

The country is heavily in debt, we are heading into a double-dip recession and what is this so-called Conservative government doing? Well, why not spend a fortune and add more seats to the House of Commons. Yes, indeed, more MP salaries, expensive staff and money flushed down the toilet yearly. Reduce the amount of seats where the provinces are over represented such as Quebec. This fixes the problem without costing a fortune.

ANTHONY SILVESTRO
OTTAWA

RE: *Protecting Lightfoot's legacy*, published Oct. 31

Thank you for the interesting reading about the Canadian musical legend.

He may be a "mean drunk and a bad husband," but the immutable fact remains — his music transcends any personal flaws he might have. He is one of the few Canadian music icons popular worldwide.

I judge the High Priest of the Canadian music only on the basis of his fabulous, immortal music for which I am, forever, thankful — nothing else.

HARRY S. ANCHAN
CALGARY

Local tweets



- @Merytmot: Not sure if real cowboy or man on costume... #yyc
- @shabanarm: Snowing again! NE Calgary. #yyc
- @1800revolutionx: Calgarians need to stop freaking out about 'SNOW' when it melts by the time it hits the ground.. #yyc
- @JennLutz: What a beautiful #yyc day. Autumn bliss. I'm just not ready for winter yet...
- @buzzbishop: How not win friends to cycling movement in #yyc: go wrong way down one way
- @stevesuida: This is the time of day where I turn on my seismometer. Seriously. We think someone's breaking rocks north of here, with explosives. #YYC †
- @averageyyc: Dear #yyc #wind, I know you're jealous but please refrain from stealing my pirate hat!
- @kristin_e5: Am I the only one who waited on hold for hours to get a taxi this wknd — twice — to no avail? Solutions/suggestions? #yyc
- @annemaccat: 7 murders for #YYC this year. I say it's because EMS & ER Docs saving lives & #CPS gang unit doing awesome job.

photo of the day



► This photo titled Night Lights was submitted to the Photo of the Day category by Artur Andronic from the U.S.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Man severs arm with homemade guillotine

Bellingham police have dismantled a homemade guillotine apparently used by a man to sever his right arm at a transient camp in Washington.

Sgt. Les Gitts says police saved only the heavy metal plate used as the blade, in case it is needed for evidence.

Gitts described the guillotine as "pretty elaborate." It was out of sight in a wooded area until police investi-

gated Thursday after the injured man walked into a clinic, leaving his arm behind.

According to Fox News, police say the guillotine unexpectedly dropped on the man's shoulder.

Police searched the area and found the guillotine and the severed arm. He was airlifted to Harborview Medical Center in Seattle in hope it could be reattached.

Gitts said yesterday he didn't know if that was successful. The hospital wouldn't say for privacy reasons. The man was in satisfactory condition yesterday.

Officers say the device was constructed from wood the man found by scavenging the local area.

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New album from Amy

► Collection of Winehouse work to be released in December by musical partners Mark Ronson and Salaam Remi ► Posthumous release a 'fitting testament' to the singer

A new album of recordings by the late soul singer Amy Winehouse will be released in December, Island Records said Monday.

It said *Lioness: Hidden Treasures* will contain 12 songs — previously unreleased tracks, alternative versions of existing hits and brand new songs — recorded by the beehive-wearing singer who died at her London home on July 23.

The label said Winehouse's longtime musical partners Mark Ronson and Salaam Remi had spent time since her death listening to recordings of the singer, who many said never sang or played a song the same way twice.

Island Records said the duo quickly realized that they had "a collection of songs that deserved to be heard; a collection of songs that were a fitting testament to Amy the artist and, as importantly, Amy their friend."

The album — Winehouse's third after *Frank* and *Back to Black* — will be released on Dec. 5.

Ronson and Remi compiled the tracks in collaboration with Winehouse's family, management and the label.

Winehouse's final studio recording — a cover of *Body & Soul* sung with Tony Bennett — will be included in the album.

The singer's father,



Mitch Winehouse, said he had never before heard another one of the tracks, *Halftime*, and described the song as "just incredibly beautiful."

"If the family had felt that this album wasn't up

to the standard of *Frank* and *Back to Black* we would never have agreed to release it and we believe it will stand as a fitting tribute to Amy's musical legacy," he said in the Island Records statement.

A donation of \$1.60 from the sale of each album in the U.K. will go to a foundation to assist disadvantaged children and young adults set up in the artist's name following her death.

Last week a British coroner ruled the Grammy-winning singer died from accidental alcohol poisoning when she resumed drinking after weeks of abstinence.

The 27-year-old Winehouse had fought a very public battle with drug and alcohol abuse for years, and there had been much speculation that she died from a drug overdose.

THE ASSOCIATED PRESS

Winehouse

at a glance

- **Born:** Sept. 14, 1983 in Southgate, London, England.
- **Discography:** *Frank* (2003), *Back to Black* (2006)
- **Achievements:** After *Frank*, Winehouse won an Ivor Novello award for song-writing. *Back to Black* was the bestselling album in the U.K. in 2007. That same year, *Back to Black* enters the U.S. *Billboard* and becomes the highest debut for a U.K. female.
- **Died:** July 23, 2011 after consuming a 'very large quantity of alcohol' according to a pathologist at the singer's inquest. Winehouse was 4.5 times over the legal drunk driving limit.

Scene at a glance



Justin Timberlake admits he's got a thing for Pippa Middleton — but then so does every man in America, according to the singer. "Us American males are big fans of Pippa," he tells the U.K. edition of *Esquire*. "We like the Middletons very much. I'm going to sound like a sleazeball. I'm going to stop right there!"

THE ASSOCIATED PRESS



Review: Amiable memoir
The Garner Files shows
James Garner a Hollywood
maverick at heart



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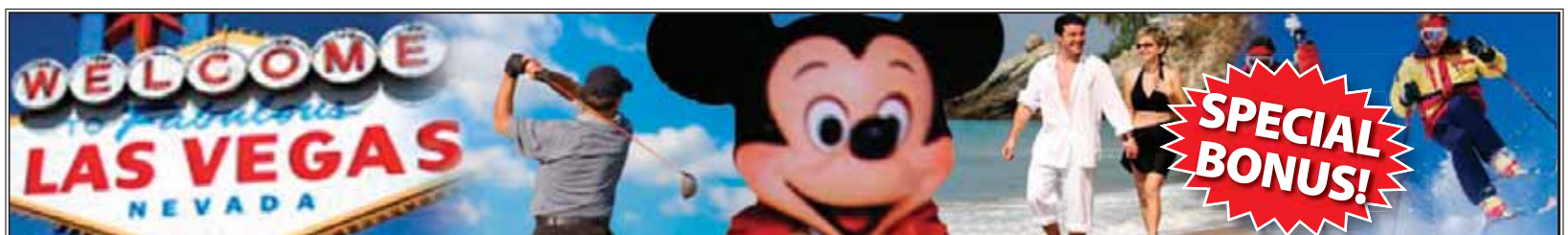
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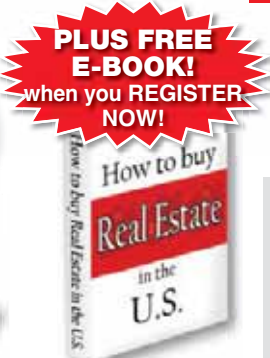
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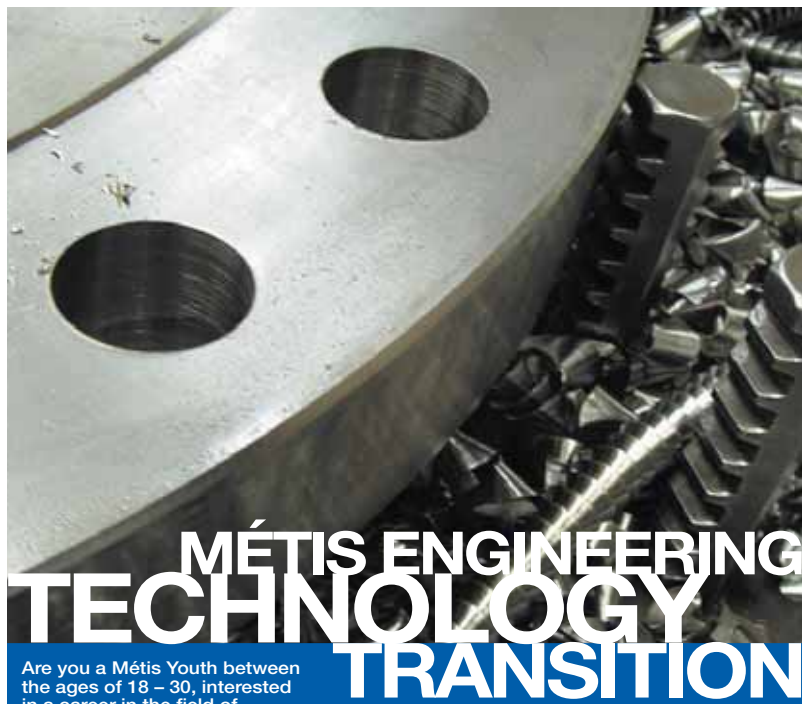
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Cars 2

Genre: Animation

Directors: John Lasseter, Brad Lewis

Stars: Owen Wilson, Larry the Cable Guy, Michael Caine

🌐🌐

Pixar's 'toon machine spins its wheels with this low-octane sequel to Cars, its 2006 clunker. The movie opens like a James Bond picture, with an Aston Martin (voiced by Michael Caine) seeking to infiltrate an oil rig in the middle of the Pacific Ocean. Back in Radiator Springs, race car Lightning McQueen (Owen Wilson) and his tow truck sidekick, Tow Mater (Larry the Cable Guy), are preparing for their own international adventure that involves green energy.

Cars 2's busy plot has many strands. Its spy narrative works, but its green-fuel subplot threatens to send the film into reverse. This Pixar product, its treads thinning, is aimed primari-



ly at younger kids (toys?). It's a case of money driving over art. **PETER HOWELL**

Crazy, Stupid, Love

Genre: Comedy

Directors: Glenn Ficarra, John Requa

Stars: Steve Carell, Ryan Gosling, Julianne Moore

🌐🌐

With its full complement of A-list acting talent, Crazy, Stupid, Love has so much going for it. Steve Carell, playing clueless nerd Cal, is paired with Julianne Moore's Emily, who

announces after 25 years hitched that she wants a divorce. Clearly, Cal's going to need some help getting his life back together. The film's tone quickly turns farcical as Ryan Gosling steps in as a hipster mentor in charge of Cal's manhood reclamation and Marisa Tomei as his new love interest.

But dual directors Glenn Ficarra and John Requa are uncertain where to take the action and their talented actors are wasted.

PETER HOWELL

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Celebrity tweets



Mother nature is dressing up Fall as Winter for Halloween this year!



@MellyJHart

@JohnCleese

My dearest, most darlingest, twaterers, Thank you for all your birthday wishes!!! 27 is such a lovely age to be. I love you all!!..



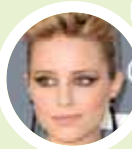
@ActuallyNPH

Hope everyone partied it up last night, costume-style! Send me pics. I wanna see what you wore.



@DiannaAgron

So I guess there is no sexy version of my costume and I am waaaaayyy OK with it.



A Twilight turn-on

The new Twilight film features a love scene that was steamy enough to originally earn it an R-rating — and star Kristen Stewart wasn't surprised. "There are two big sex scenes in the two [final] films," Stewart tells the U.K. edition of Glamour. "It was so weird,



▶ Kristen Stewart

it didn't even feel like we were doing a scene within a Twilight film."

METRO

AND IT'S OVER, 72 DAYS LATER

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.ca


A whole 72 days after walking down the aisle with NBA player Kris

By the numbers

Kim's marriage broken down:

- ▶ 72 days The length of Kim and Kris' marriage
- ▶ 20.5 carats The size of her engagement ring
- ▶ \$2 million The cost of said rock
- ▶ \$25,000 Speculated cost of her Vera Wang gown
- ▶ \$10 million Reported cost of the August 20 ceremony
- ▶ \$17.9 million Estimated amount they raked in from the wedding

Humphries, Kim Kardashian filed for divorce yesterday morning.

The unhappy couple is not seeking an annulment, and Kim checked off the usual "irreconcilable differences," asking the court to deny spousal support to Humphries.

It's the second divorce for Kim — who split with music producer Damon Thomas in 2004 after four years of marriage — and the first for Humphries, who was blindsided by the filing, according to TMZ, and is "bummed."

As it's all but impossible to remember, they very loosely tied the knot on August 20 at a ceremony that was estimated to cost around \$10 million. (You somehow missed that? A re-run of the two-part, four-hour Kim's Fairytale Wedding: A Kardashian Event is scheduled to air from 8 a.m.-noon on E! to-



▶ Kim Kardashian

day.)

We're not saying we're perfect over here, but we would have had the decency to fake it for 18 months

or so. Seriously, we've committed to packs of gum for longer than 72 days.

TODAY'S THE WORD IS WRITTEN BY MONICA WEYMOUTH

Shorter nuptials

Filing for divorce after 72 days is a true gift to gossip columnists rendered delirious by Halloween candy. But these stars untied the knot even faster:

- ▶ Britney Spears and Jason Alexander: 55 hours
- ▶ Carmen Electra and Dennis Rodman: Nine days
- ▶ Drew Barrymore and Jeremy Thomas: Six weeks

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3 life

Laser tattoo removal — solution or scar?

► Having your first love's name inked on your buttocks seemed like a great idea ► A decade later, you wish you didn't have a constant reminder of your first heartbreak ► Is tattoo laser removal really effective, or will it leave you permanently scarred? ► Metro tries to find out



**ROMINA
McGUINNESS**
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Tattoos are a taboo. At least they used to be. As a rebellious teen your parents warn you against them and as an adult they reflect badly in the work place. Now, thanks to celebrities including Angelina Jolie, David Beckham and Megan Fox, a tattoo is more body art than ex-gangster.

What happens when you can't stand it anymore and want to have it removed? According to tattoo artist Saira Hunjan, you can never be sure you'll never regret a tattoo.

"Choose the right artist, style, design and meaning behind it. Only then will you be likely to be proud to wear it forever."

The obvious answer is to never cruise into a tattoo parlour on a whim. Getting a tattoo isn't like getting a haircut. If it goes wrong, you can't wait until it grows out.

"It's really important to find an artist with real expertise. The best can have a long waiting list but it's worth waiting," advises Hunjan.

An ex lover's name is amongst the most common tattoos people want covered or removed.

"It's best to design something that symbolizes the way they feel about that person rather than their name," says Hunjan.

Laser removal is one of the only options, but how safe is it?

Tattoo removal specialist Dr Alex Kaplan explains how choosing the wrong clinic or laser can leave your skin permanently damaged.

"Older methods of tattoo removal involved burning, scraping or cut-



► Saira Hunjan gives some advice on never regretting a tattoo.



► Megan Fox before and after



ting out the tattoo. Thankfully, today's Q Switch laser is light years ahead," says Kaplan.

Tattoo pigment is hard to remove. "The pigment injected into the lower layers of skin becomes sealed away by a tough network of collagen fibres and it isn't easy to remove the tattoo pigment without affecting the surrounding tissue,"

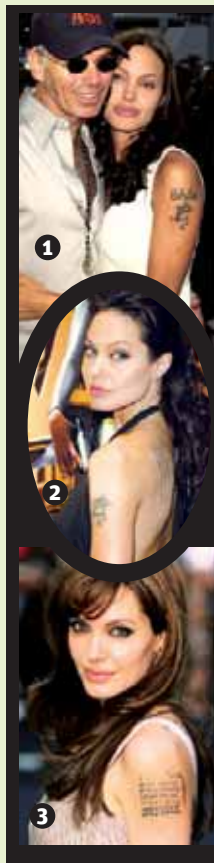
adds Kaplan.

The Q switch laser is a rapid, high-energy laser beam applied at different wavelengths (depending on the tattoo's colouring; red, black and blue ink are the most receptive colours; green, yellow and white the least). The process is painful but then again if you could stand the pain of a tattoo, you should be able to bear this.

Better yet, get a tat you like and stick with it.

"A tattoo should mark a significant memory and emotion in your journey through life," says Hunjan. "So take your time when choosing."

Angelina's tattoo story



1 Angelina Jolie tattoos on her arm the name of her husband, Billy Bob Thornton.

2 They divorce and Jolie has his name lasered

3 Billy Bob and the dragon have been replaced by tattoos representing the gradients of her kids (and most recently Brad's) birthplace.

A new study

Men and babies



Women shouldn't be the only ones to worry about

the ticking of their biological clock. A new study shows that male fertility also declines with age. If by the age of 45 a man is still childless and wants a family, he should start. Past that point and the chance of conceiving could drop to 35 per cent.

● METRO



Vicious circle: Diabetics prone to gum disease, which can worsen glucose control

Do you have insomnia? Or just sleep paranoia?

► Recent U.K. study shows you may be getting more sleep than you know

Tossed and turned all night? Actually, you may have slept more than you thought. A comprehensive review of sleep research done in the U.K. found that people with insomnia tend to overestimate the time it takes them to fall asleep and underestimate the amount of sleep they got.

"Misperception of sleep is a ubiquitous (though not universal) phenomenon among patients with insomnia," says Prof. Nicole Tang from Keele University in Staffordshire, U.K., who studies sleep.

Knowing that you're getting more sleep than you thought may help you relax and stop worrying.



► Rest assured — you're probably getting the sleep you need.

It's common for people to lose sleep if they are stressed, excited, worried, jet lagged, or kept awake by loud noises.

"Remember the last time when work was

stressful, you had too much coffee in the evening, the night before an important job interview, after coming home from an exotic holiday or the night when your

neighbour decided to have a loud party?" asks Tang.

To avoid sporadic insomnia, it's a good idea to exercise regularly, eat a healthy diet and keep a regular sleep/wake pattern. According to Tang, sleeping well doesn't necessarily mean sleeping through to the morning without waking up.

"This may be an idealized picture of how sleep should be, as many good sleepers wake up several times in the night too," she says.

If you feel that your insomnia is out of control, Tang suggests keeping a sleep diary then visiting your doctor to get help.

● CELIA MILNE

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

6 tips for a good

night's sleep We went to the director of a sleep lab, Leon Lack, and asked him how he gets a good night's sleep:

1. Exercise is excellent for a good sleep

2. Drink coffee in moderation.

3. Avoid large meals within 2 or 3 hours of bedtime.

4. Have a standard bedtime routine

5. Maintain a comfy sleep environment

6. Make sure the room isn't too hot

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DAN CLAPSON
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Average Vietnamese food can be found easily in this city, but it's definitely a challenge to find the good. Luckily, Bagolac Saigon is one of the good ones.

Craving some noodles, my friend and I popped in for lunch. We started with the Thai Chicken In Rice



► Grilled beef wrapped in Hawaiian leaves (\$11.50).

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Social lunch: Yes
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Wrappers (\$5.25). They were filled with noodles a few pieces of chicken and basil leaves. Fairly run-of-the-mill.

Luckily, the main dishes were redeeming.

I had vermicelli with grilled beef wrapped in

Hawaiian leaves (\$11.50), which were similar to grape leaf rolls, but more exotic. My date had the Stir-fried Beef with Green Curry (\$12.50). The curry here is excellent. Spicy, but not overwhelming, with a nice sweetness to it

(tamarind, perhaps?). I stole more than one bite off of her plate.

Before the cheque, be sure to order a traditional Vietnamese coffee — condensed milk and drip coffee — to end on a sweet note.

MATTHEW MEAD/ THE ASSOCIATED PRESS

Sweet Watermelon Rind Relish



Ingredients:

- 5 ml (1 tsp) each whole cloves and allspice
- 1 l (4 cups) watermelon rind, green skin removed, cut into 5-mm (1/4-inch) chunks
- 375 ml (1 1/2 cups) sugar
- 250 ml (1 cup) red wine vinegar
- 5 ml (1 tsp) salt
- 2 cinnamon sticks
- 1 piece (5 cm/2 inches) fresh ginger, peeled and cut into chunks

Preparation:

1 On a 15-cm (6-inch) square of cheesecloth, combine cloves and allspice. Tie cloth into a bundle.

2 In a large saucepan over medium heat, combine watermelon rind, sugar, vinegar, salt, cinnamon sticks, ginger and spice bundle.

dle. Bring to a simmer and cook for 1 hour or until watermelon rind is tender. Allow watermelon to fully cool in liquid. Remove and discard spice bundle, cinnamon sticks and ginger. Store in an airtight container in the refrigerator for up to a month.

THE ASSOCIATED PRESS

PROPER BUSINESS CARD ETIQUETTE

CHARLES THE BUTLER



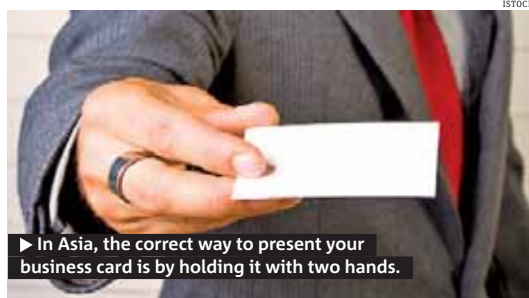
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How does one appear international toward other cultures without actually ever travelling? This is actually easier than you may think.

I'm here in Shanghai, China, and as I observe international culture one thing is evident: local knowledge is power!

In North America and many parts of Europe the business card is not seen as anything of importance, but merely a paper document to facilitate the exchange of business contact details. However, in Asian countries, business cards are considered an exchange of something important, personal and meaningful



► In Asia, the correct way to present your business card is by holding it with two hands.

between two people.

Within Asia it is correct and commonly practiced by everyone to hand your business card to others in the following fashion.

1. When presenting your card, always use two hands to hold it.

2. When receiving a business card, always use two hands to receive it.

3. Once you receive a business card, always look at the card. Remember this is considered important, so you should honour the person giving it to you by reading it.

4. Hold onto the card

and never just discard it. Keep the business card either in your hand or visible on a desk while you are speaking with the person who gave it to you.

So now how does this knowledge relate to you in Canada? Firstly, if someone hands you a business card in this fashion you will know what to do. But more importantly, people will have a positive impression of you, your worldly knowledge and your respect for other cultures.

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WORKING PROFESSIONALS CAN ACHIEVE MBA GOAL WITH ONLINE COURSES

If you want to get an MBA but can't afford to quit your job to attend classes full time, don't despair — you can achieve your goal by taking an online MBA program, such as that offered by Royal Roads University in Victoria.

"Our MBA programs are designed for working professionals," says Pedro Marquez, Royal Roads' dean in the Faculty of Management. "They're a unique, blended model combining online learning and two three-week residencies over 18 months."

The residencies are held on-campus in Victoria; for an extra cost, students may complete their final residency in Grenoble, France. Residency attendance is mandatory, so students will have to take time off work to participate.

So who should consider applying for online MBA programs?

"Royal Roads MBA programs are for students with extensive workplace experience and management

PROGRAM FEES WILL VARY IN COST

Online MBA program fees vary slightly. For example, at Royal Roads University in Victoria, for the program starting Jan. 2, 2012, a Canadian student's tuition is \$37,190, plus

ancillary fees and associated costs. At Athabasca University in St. Albert, Alta., total current program fees are \$44,500, and at Saint Mary's University in Halifax, fees are \$45,000.

backgrounds," says Marquez. "Our learning model creates leaders who can effectively advance their skills and collaboratively solve problems."

A key strength of Royal Roads' program is its cohort model, in which students enter and move through the program together. This networking and collaboration provides support and interaction throughout the distance portion.

Athabasca University, which is based at the Centre for Innovative Management in St. Albert, Alta., offers an online executive MBA program. Online electives and electives

in-residence allow students to tailor their studies to their professional interests.

Athabasca's MBA curriculum concentrates on the key management areas that affect organizational performance: Strategy, analytics, human resources, finance, marketing, operations, and information technology.

Queen's University in Kingston, Ont., offers a 12-month MBA for Business Graduates with an online component that allows students to study while they are working. To apply, students must have an undergrad-

uate degree in business and at least two years of relevant work experience.

Queen's MBA for Business Graduates is a national program offered in: Toronto, Mississauga, Markham, Ottawa, Montreal, Calgary, Edmonton, and Vancouver. There are three on-campus sessions during the program, which account for about 50 per cent of class hours.

The remaining class time will be spent in each city's Boardroom Learning Centre, where students use the customized portal and electronic network to communicate with professors and classmates. They will download course notes, email, chat or upload assignments from anywhere, anytime.

To search the Association of Universities and Colleges of Canada's database for other online MBA programs, visit aucc.ca/canadian-universities/study-programs or call 613-563-1236.

— Jane Doucet

MAKE CONNECTIONS AT HASKAYNE

NETWORK AND LEARN DIRECTLY FROM CALGARY BUSINESS LEADERS

Going back to school to get his MBA was the best way to pave his path to success for one Haskayne School of Business student.

"It was an easy decision to get an MBA," said Peter Waugh, president of the MBA Society at the Haskayne School of Business at the University of Calgary, and current second-year student.

Waugh is now specializing in Global Energy Management and Sustainability after spending five years working as a landscape architect in California, Toronto, Sussex, and New Brunswick.

During the recent recession, Waugh decided to make a big career move.

"The landscape architecture industry was suffering badly since it is tied to the housing industry and a lot of my friends were losing their jobs," said Waugh.

"I decided I wanted to be in an

industry that was more fundamental to the economy and, as it turned out, for me this was energy."

Waugh wanted to find a way to bring his design background into the energy industry and that meant either getting an engineering degree or a business degree.

He chose to enrol at the Haskayne School of Business.

"The program at Haskayne has taught me how to make clear, rational decisions in ambiguous

situations," said Waugh.

One of the biggest benefits Waugh has found through Haskayne has been the networking opportunities available to students.

"Haskayne is ideally located and connected to Calgary's business community," said Waugh.

"The economy is rebounding, slowly, and as students we get great opportunities to make connections and learn directly from business leaders."



HASKAYNE SCHOOL OF BUSINESS PHOTO



Peter Waugh

OPTIONS FOR YOU

The Haskayne School of Business offers students a number of scheduling options to obtain their MBA.

Students can choose from the daytime, 20-month full-time option, with Monday to Friday daytime classes with an annual September intake. Or students may choose to spread out their learning experience by choosing either the September or January intake for the evening classes.

Evening classes span over 32 months and are two nights per week for about three hours. Haskayne also offers a thesis-based MBA and an Executive MBA.

To learn more about the Haskayne School of Business, visit haskayne.ucalgary.ca.

Although Waugh is still completing his MBA, he has already landed a job.

Waugh has signed a contract with one of the big four consulting firms and will be joining its management consulting practice in its strategy group upon graduation.

— Candice Ward

"After having not been to school for a number of years because I played professional hockey, I wanted to get a contemporary education and prove to prospective employers that I wasn't just a jock."



Gord H.

Vice President & Director
TD Securities
Haskayne MBA 2005

Get in the game with an MBA. Gord did.

"What I learned in my Haskayne MBA has been critical to my success so far. I found that working in trading and sales is a lot like being on a hockey team – it's a pretty social place, you're measured regularly, and have to have tough skin and the ability not to let wins or losses change your approach. Having an MBA opened up doors for me and gave me tremendous confidence; I felt as prepared as everyone else who was hired to do the job. I wanted to make good money and I knew that having an MBA was certainly going to be good for me and my family."

HASKAYNE MBA INFO SESSION

Wednesday, November 30, 5:30 pm

Calgary Chamber of Commerce, 100 6th Avenue SW

RSVP to micheline.campanaro@haskayne.ucalgary.ca or 403.220.3808.

Get program details, apply online, and watch Gord tell his story at www.haskaynemba.ca



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TUESDAY, NOVEMBER 1, 2011

Keeping loans in the family

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



How would you like to have a \$500,000 loan outstanding and be in doubt about ever getting it

back? Add in the fact that family members are involved and you have a recipe for financial and relationship disaster.

This is exactly what is facing a couple who wrote to me last week. The loan in question was to their daughter and son-in-law to buy a home.

Recently the daughter quit work to become a stay-at-home-mom. As a result, they can't afford the loan payments and want to "renegotiate."

Just imagine the acrimony that this loan has birthed. Mom and dad need the income from the loan. The kids are looking for payment relief. Mess.

Many financial experts counsel against lending money to kids, parents or siblings. In a perfect world, I would agree. However, deserving people often can't get loans for legitimate pur-



poses.

Perhaps they have a short credit history, are self-employed or have experienced job loss or illness.

I won't tell you not to lend money to family members, but keep it businesslike. You will be doing everyone concerned a favour. Here are some guidelines:

1. Know the reason. As the lender you have the right to ask about the purpose of the loan. If you are uncomfortable with where the money is going, keep it in your wallet.
2. Assess affordability. The borrower should draw up a budget proving they can make payments. The lender must ensure they can afford to lend the money and do without the in-

come if the borrower defaults.

3. Put it on paper. A signed agreement should detail principal, interest, payments and the term. For a house purchase, have a legal mortgage drawn up which gives you recourse if payments aren't made.

4. Get post-dated cheques or set up a separate bank account with an automatic transfer of payments from the borrower. None of this protects you from a family loan gone wrong, but at least you'll have done your best to ensure both sides are clear about the terms.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

DATING A MONEY DUMMY

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Someday, your financial situation will impact the future of your life partner. So, let's face it; no one wants to date a financial dope.

Bad financial habits such as debt and poor spending patterns reflect a person's values and indicate whether they care about their financial future.

management is a huge irritant for people who are dating; one person might feel pressured into paying for everything or they may sense their partner isn't committed to a long-term financial plan. This leads to resentment, not butterflies.

It's ultra-sexy to date someone who doesn't tow monetary baggage behind them and has their financial house in order.

Get organized to rid your debt. Cut up all but one credit card, list out who you owe money to and how much. Negotiate interest rates and consolidate expensive credit card balances.

soda for a free glass of water so you can pay a little extra on the highest interest rate debt.

If you're severely overextended with your house or car, downsize both. If you can't keep up with payments, see a credit counselor.

I don't suggest steering clear of dating while you're reducing debt and growing investments. Rather, put together a responsible money management plan that shows you care about your future. You'll feel much better about yourself so that you can be more yourself when you're in dating mode. FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

Irresponsible money

Trade in your \$3 Italian

NFL. Monday Night Football



► Place kicker Nick Novak of the San Diego Chargers kicks a 44-yard field goal against the Kansas City Chiefs last night.

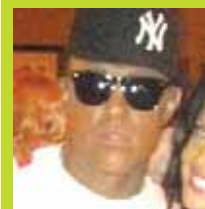
PETER AIKEN/GETTY IMAGES

Chiefs make Chargers pay for sloppy play down the stretch

Ryan Succop kicked a 30-yard field goal in overtime, giving the Kansas City Chiefs a stunning 23-20 victory over the San Diego Chargers last night, moving the two teams into a tie atop the AFC West. The Chargers, who had trailed the whole game, were on the verge of winning in regulation when they marched to the Kansas City 15. With first-and-10 and 48 seconds left on the clock, Philip Rivers fumbled the snap and the Chiefs' Andy Studebaker recovered. Kansas City moved down the field for its own chance to win, but Matt Cassel badly overthrew his intended receiver and Eric Weddle's second interception sent the game to overtime. **THE ASSOCIATED PRESS**

4 sports

Quoted



"There was absolutely nothing racist about Raffi and his wife's costumes. Raffi is a huge fan of Jay-Z and his wife loves Beyoncé. It was a Halloween party."

A STATEMENT FROM THE PHOENIX COYOTES, DEFENDING FORWARD RAFFI TORRES, ABOVE. TORRES IS BEING CRITICIZED FOR WEARING BLACKFACE WHILE DRESSED AS RAPPER JAY-Z AT A HALLOWEEN PARTY.

Giving Kipper a break

► Flames vow to give workhorse goaltender Kiprusoff more rest, play Karlsson more often

The Calgary Flames have said it before and they're saying it again: Goaltender Miikka Kiprusoff needs to play less than 70 regular-season games to keep him fresh.

Saying it is one thing. The Flames haven't managed to do it in recent years.

Kiprusoff, who turned 35 last week, has played in more than 70 games for six straight seasons and won no less than 35 games per. Six consecutive 30-win seasons ties him for fourth

on the NHL's all-time list.

If captain Jarome Iginla is the heart and soul of the Flames, then Kiprusoff is the club's backbone.

The NHL's Vezina Trophy winner in 2006 is a difference-maker in Calgary's bid to return to the playoffs after a two-year absence. The Flames also need their star goalie to have reserves in the tank if they get there.

Plans to rest the Finn in more games went out the window the last two seasons. Calgary desperately

The records

Karlsson went 4-5-6 last season behind Kiprusoff, who posted a 37-24-6 record.

rode their workhorse down the stretch in a failed attempt to make the post-season.

The plan for 2011-12 is again to sit Kiprusoff for a few more games in favour of the backup. Henrik Karlsson started two of the Calgary's first nine games

so far this season, suffering one loss and an overtime loss.

Flames head coach Brent Sutter indicated yesterday that he'd like to play Karlsson two out of every 10 games this season, which would put Kiprusoff on pace for 65.

"I'd like it to be under 70," Sutter said. "A lot of it is going to depend on different circumstances, but we'd certainly like to stay to the course that we've set forth on."

"As you get deeper into

the season and deeper into the schedule, your record does impact certain things. If you can manage it right, you're looking at 16-to 20-game schedule that your backup is going to play."

Calgary (4-4-1) hosts Vancouver (5-5-1) tonight before heading out on a three-game road trip. Where Calgary sits in the standings and Karlsson's performance will determine whether the Flames can stick to their goaltending strategy.

THE CANADIAN PRESS

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FREE ENTRANCE

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	13	8	3	1	1	39	28	18	4-1-0-1	4-2-0-1	6-3-1-0	L1
d-Toronto	11	7	3	1	0	36	35	15	5-0-1-0	2-3-0-0	6-3-1-0	L1
d-Washington	9	7	2	0	0	35	23	14	5-0-0-0	2-2-0-0	7-2-0-0	L2
Ottawa	12	7	5	0	0	39	45	14	5-2-0-0	2-3-0-0	7-3-0-0	W6
Philadelphia	11	6	4	1	0	43	36	13	3-3-1-0	3-1-0-0	5-4-1-0	W1
Florida	11	6	4	0	1	29	29	13	2-1-0-1	4-3-0-0	5-4-0-1	L1
Buffalo	10	6	4	0	0	29	22	12	2-3-0-0	4-1-0-0	6-4-0-0	L1
Tampa Bay	11	5	4	0	2	33	35	12	3-1-0-0	2-3-0-2	4-4-0-2	W1
NY Rangers	10	4	3	1	2	25	24	11	1-1-0-1	3-2-1-1	4-3-1-2	L1
Carolina	11	4	4	2	1	28	35	11	2-1-0-1	2-3-2-0	4-3-2-1	L1
Montreal	11	4	5	1	1	29	30	10	2-3-1-1	2-2-0-0	4-4-1-1	W1
New Jersey	9	4	4	0	1	20	24	9	2-1-0-1	2-3-0-0	4-4-0-1	L2
Winnipeg	11	4	6	0	1	30	39	9	2-2-0-0	2-4-0-1	4-5-0-1	W1
NY Islanders	9	3	4	1	1	18	23	8	3-2-1-0	0-2-0-1	3-4-1-1	L5
Boston	10	3	7	0	0	22	25	6	2-5-0-0	1-2-0-0	3-7-0-0	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	11	8	3	0	0	28	23	16	5-1-0-0	3-2-0-0	7-3-0-0	W1
d-Chicago	11	7	2	0	2	37	29	16	5-0-0-2	2-2-0-0	7-1-0-2	W2
d-Edmonton	11	7	2	0	2	25	18	16	5-1-0-1	2-1-0-1	6-2-0-2	W5
Colorado	11	7	4	0	0	32	29	14	1-3-0-0	6-1-0-0	7-3-0-0	W1
Los Angeles	11	6	3	1	1	26	22	14	3-2-0-0	3-1-1-1	5-3-1-1	L2
San Jose	10	6	4	0	0	30	26	12	1-2-0-0	5-2-0-0	6-4-0-0	L1
Phoenix	10	5	3	0	2	30	32	12	3-2-0-1	2-1-0-1	5-3-0-2	W2
Nashville	11	5	4	1	1	28	31	12	2-2-0-1	3-2-1-0	4-4-1-1	L1
Minnesota	10	4	3	2	1	21	23	11	3-2-1-0	1-1-1-1	4-3-2-1	W1
Vancouver	11	5	5	0	1	31	31	11	3-2-0-1	2-3-0-0	5-5-0-0	W1
Anaheim	11	5	5	0	1	22	29	11	3-2-0-0	2-3-0-1	5-4-0-1	L2
Detroit	9	5	4	0	0	22	23	10	3-1-0-0	2-3-0-0	5-4-0-0	L4
St. Louis	11	5	6	0	0	28	31	10	2-1-0-0	3-5-0-0	5-5-0-0	L2
Calgary	9	4	4	1	0	22	23	9	3-2-1-0	1-2-0-0	4-4-1-0	W2
Columbus	12	2	9	0	1	28	40	5	2-3-0-1	0-6-0-0	2-7-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Winnipeg 4 Florida 3 (SO)
Chicago 5 Nashville 4 (OT)
N.Y. Rangers 5 San Jose 2
Sunday's results
Ottawa 3 Toronto 1
Edmonton 4 St. Louis 2
Colorado 3 Los Angeles 2
Columbus 3 Anaheim 1
Tonight's games
All Times Eastern
Ottawa at Boston, 7 p.m.
Anaheim at Washington, 7:30 p.m.
Tampa Bay at Carolina, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Vancouver at Calgary, 9 p.m.
Tomorrow's games
Philadelphia at Buffalo, 7:30 p.m.
Toronto at New Jersey, 7:30 p.m.
Phoenix at Colorado, 9:30 p.m.

SCORING LEADERS

	G	A	PT
Kessel, Tor	10	8	18
Vanek, Buf	8	7	15
Giroux, Pha	7	8	15
Spezza, Ott	7	8	15
Kopitar, LA	6	8	14
Pominville, Buf	5	9	14
Pavelski, SJ	8	5	13
Michalek, Ott	7	6	13
D.Sedin, Vcr	4	9	13
Karlsson, Ott	1	12	13
Backstrom, Wash	2	10	12
M.Bergerson, TB	2	10	12
Neal, Pgh	9	2	11
Tavares, NYI	7	4	11
Lupul, Tor	5	6	11
Nugent-Hopkins, Edm	5	6	11
Versteeg, Fla	5	6	11

JETS 4, PANTHERS 3 (SO)

First Period

1. Winnipeg, Wellwood 5 (Ladd, Stuart) 3:44
2. Winnipeg, Kane 3 (Antropov, Bogosian) 9:58 (pp)
3. Florida, Garrison 5 (Campbell, Fleischmann) 19:40

Penalties — Upshall Fla (elbowing) 8:40,
Byfuglien Wpg (high-sticking) 12:57.

Second Period

No Scoring.
Penalties — McArdle Wpg (hooking) 5:39,
Byfuglien Wpg (double roughing) 16:22.

Third Period

4. Florida, Fleischmann 4 (Weaver, Versteeg) 3:13
5. Florida, Fleischmann 5 (Kulikov, Campbell) 17:50 (pp)

6. Winnipeg, Kane 4 (Wellwood, Bogosian) 19:10
Penalties — Ladd Wpg, Skille Fla (fighting)

2:10, Kulikov Fla (high-sticking) 12:54, Wheel-
er Wpg (holding) 16:50.

Overtime

No Scoring.
Penalty — Bogosian Wpg (kneeing) 5:00.

Shootout

Winnipeg wins 2-0
Winnipeg (2) — Stapleton, miss; Ladd, goal;
Wellwood, goal.

Florida (0) — Versteeg, miss; Santorelli, miss.

Shots

Winnipeg 7 9 12 3—31
Florida 20 9 11 2—42

Goal — Winnipeg: Pavleck (W,3-4-1); Florida:
Theodore (L,4-2-1). **Power plays (goals-**

chances) — Winnipeg: 1-2; Florida: 1-5.
Referees — Tom Kowal, Francois St. Laurent.

Linesmen — Brad Kovachik, Andy McElman.

Att. — 11,855 (17,040) at Sunrise, Fla.

NFL

WEEK EIGHT

AMERICAN CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
Buffalo	5	2	0	.714	211	147
New England	5	2	0	.714	202	160
N.Y. Jets	4	3	0	.571	172	152
Miami	0	7	0	.000	107	166
SOUTH						
	W	L	T	Pct	PF	PA
Houston	5	3	0	.625	206	145
Tennessee	4	3	0	.571	139	145
Jacksonville	2	6	0	.250	98	163
Indianapolis	0	8	0	.000	121	252

NORTH						
	W	L	T	Pct	PF	PA
Pittsburgh	6	2	0	.750	176	139
Cincinnati	5	2	0	.714	171	123
Baltimore	5	2	0	.714	185	110
Cleveland	3	4	0	.429	107	140
WEST						
	W	L	T	Pct	PF	PA
San Diego	4	3	0	.571	161	159
Oakland	4	3	0	.571	160	178
Kansas City	4	3	0	.571	128	170
Denver	2	5	0	.286	133	200

NATIONAL CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	174	164
Philadelphia	3	4	0	.429	179	152
Dallas	3	4	0	.429	156	162
Washington	3	4	0	.429	116	139
SOUTH						
	W	L	T	Pct	PF	PA
New Orleans	5	3	0	.625	260	189
Tampa Bay	4	3	0	.571	131	169
Atlanta	4	3	0	.571	158	163
Carolina	2	6	0	.250	187	207

NORTH						
	W	L	T	Pct	PF	PA
Green Bay	7	0	0	1.000	230	141
Detroit	6	2	0	.750	239	147
Chicago	4	3	0	.571	170	150
Minnesota	2	6	0	.250	172	199
WEST						
	W	L	T	Pct	PF	PA
San Francisco	6	1	0	.857	187	107
Seattle	2	5	0	.286	109	162
St. Louis	1	6	0	.143	87	192
Arizona	1	6	0	.143	143	183

Byes: Atlanta, Chicago, Green Bay, N.Y. Jets,
Oakland, Tampa Bay

Last night's result

Kansas City 23 San Diego 20 (OT)

Sunday's results

Tennessee 27 Indianapolis 10
St. Louis 31 New Orleans 21

Houston 24 Jacksonville 14
N.Y. Giants 20 Miami 17

Minnesota 24 Carolina 21
Baltimore 30 Arizona 27

Detroit 45 Denver 17
Buffalo 23 Washington 0

San Francisco 20 Cleveland 10
Cincinnati 34 Seattle 12

Pittsburgh 25 New England 17
Philadelphia 34 Dallas 7

SOCCER

MLS PLAYOFFS

All Times Eastern

EASTERN CONFERENCE

SEMIFINALS

Sporting Kansas City vs. Colorado

Sunday's result

Kansas City 2 Colorado 0

Tomorrow's game

Colorado at Sporting Kansas City, 7 p.m.

Houston vs. Philadelphia

Sunday's result

Houston 2 Philadelphia 1

Thursday's game

Philadelphia at Houston, 8:30 p.m.

WESTERN CONFERENCE

SEMIFINALS

Los Angeles vs. New York

Sunday's result

Los Angeles 1 New York 0

Thursday's game

New York at Los Angeles, 11 p.m.

Seattle vs. Real Salt Lake

Saturday's result

Real Salt Lake 3 Seattle 0

Tomorrow's game

Real Salt Lake at Seattle, 10 p.m.

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Man City	10	9	1	0	36	8	28
Man United	10	7	2	1	27	12	23
Newcastle	10	6	4	0	15	7	22
Chelsea	10	6	1	3	23	15	19
Tottenham	9	6	1	2	18	14	19
Liverpool	10	5	3	2	14	10	18
Arsenal	10	5	1	4	20	21	16
Norwich	10	3	4	3	14	15	13
Aston Villa	10	2	6	2	13	12	12
Swansea	10	3	3	4	12	15	12
Stoke	10	3	3	4	8	14	12
QPR	10	3	3	4	8	17	12
West Brom Albion	10	3	2	5	9	13	11
Sunderland	10	2	4	4	14	12	10
Fulham	10	2	4	4	13	12	10
Everton	9	3	1	5	10	13	10
Wolverhampton	10	2	2	6	9	17	8
Blackburn	10	1	3	6	13	23	6
Bolton	10	2	0	8	13	27	6
Wigan	10	1	2	7	6	17	5

Yesterday's result

Stoke 1 Newcastle 3

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	10	8	1	1	32	6	25
Barcelona	10	7	3	0	32	4	24
Levante	10	7	2	1	17	7	23
Valencia	10	6	3	1	15	8	21
Sevilla	10	4	5	1	11	8	17
Malaga	10	5	1	4	12	14	16
Espanyol	10	5	0	5	9	13	15
Osasuna	10	3	5	2	13	17	14
Athletic Bilbao	10	3	4	3	15	12	13
Astoria Madrid	10	3	4	3	12	11	13
Rayo Vallecano	10	3	3	4	10	13	12
Real Betis	10	4	0	6	10	15	12
Villarreal	10	2	4	4	9	17	10
Mallorea	10	2	3	5	8	16	9
Zaragoza	10	2	3	5	10	20	9
Real Sociedad	10	2	2	5	9	13	8
Sporting Gijon	10	2	2	6	8	14	8
Racing Santander	10	1	5	4	7	15	8
Granada	10	2	2	6	4	12	8
Getafe	10	1	4	6	9	16	7

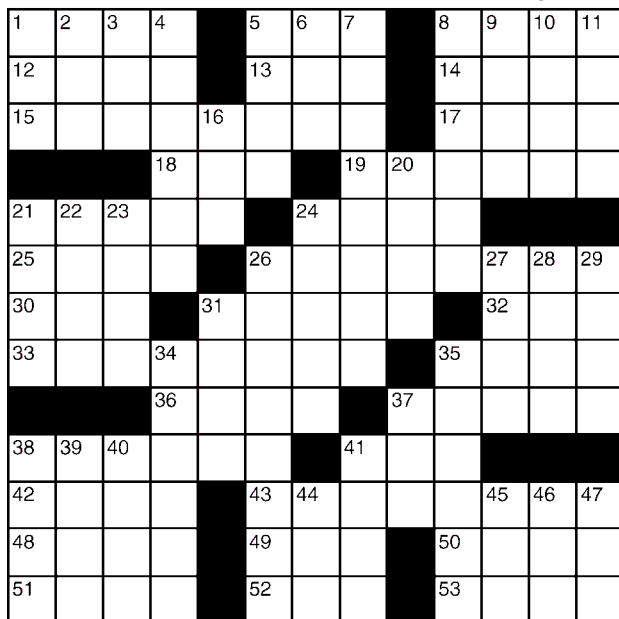
Crossword

Across

- 1 Grand tale
5 Sprite
8 Hindu princess
12 Surrealist Joan
13 Alt. sp., in cross-words
14 — out (supple-mented)
15 Herd's headlong rush
17 String instrument
18 Chaps
19 Climb a pole, per-haps
21 Be philanthropic
24 Brogan or oxford
25 Adolescent
26 Glasses, often
30 Piercing tool
31 Foolish person, slangily
32 Scarlet
33 Incentive
35 Make one's way
36 Oodles
37 Substantial
38 Oats-nuts-fruit mix
41 Fix the soundtrack
42 Eye part
43 Tripped
48 Indira's wrap
49 Youngster
50 Simple
51 Staff leader?
52 Tofu source
53 Memorization method

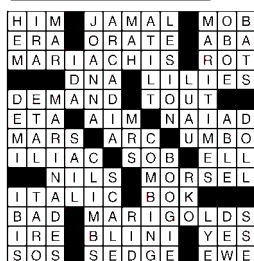
Down

- 1 Type measures
2 Foxhole
3 Savings acronym
4 Usual

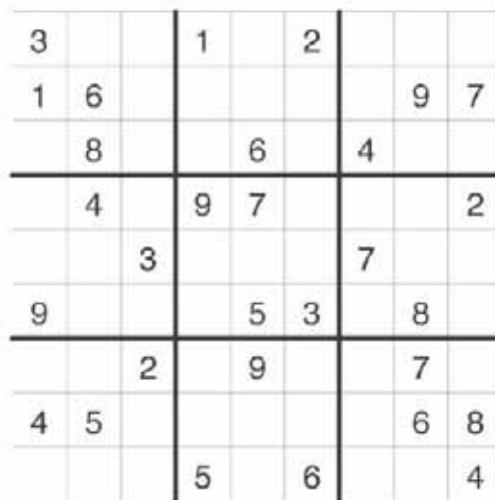


- 5 Tied
6 Boy
7 Rejuvenates
8 Critic's write-up
9 Related (to)
10 Night light?
11 Without acting
16 Church seating
20 Comfortable, as ac-commodations (Var.)
21 Greek vowels
22 Mr. Gingrich
23 Sandwich shop
24 Portly
26 Helpless ones?
27 Vicinity
28 Landlord's due
29 Vortex
31 Seabird
34 Mountain range
35 Andrew Lloyd —
37 Silent
38 Uncategorizable (Abbr.)
39 Kazakhstan river
40 Ireland
41 Responsibility
44 Also
45 "7 Faces of Dr. —"
46 Superlative ending
47 Colouring agent

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



A look at the weather

- TODAY** Min -2° Max 4°
TOMORROW Min -3° Max 9°
THURSDAY Min -7° Max 9°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 5:30AM



Today's horoscope

♈ Aries March 21-April 20 What you are being offered may be tempting but think carefully before accepting.

♉ Taurus April 21-May 21 Act as if you own the world today, and everyone will believe that you do.
♊ Gemini May 22-June 21 You will get the chance to make a breakthrough of some kind over the next 24 hours.

♋ Cancer June 22-July 22 You seem remarkably confident at the moment and creatively and professionally there is precious little you cannot do. Select your most important goal and focus on it.

♌ Leo July 23-Aug. 23 No matter what you have done wrong you will be forgiven — provided you hold up your hand and admit your mistake.

♍ Virgo Aug. 24-Sept. 22 The more you socialize the more you achieve.

♎ Libra Sept. 23-Oct. 23 You worked hard for what you earned — it's OK to work hard spending it too.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time trying to get other people's approval for your plans.

♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ Capricorn Dec. 22-Jan. 20

There are lots of people who share your vision — so why not share the workload too?

♒ Aquarius Jan. 21-Feb. 18

You will surprise a few people today by how well you deal with challenges of one sort or another.
♓ Pisces Feb. 19-March 20 You are in no mood to let other people dictate what you can and cannot believe in, and that's good because some of your ideas are so controversial the powers that be may get upset.

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Caption contest



Let's see that stupid Tortoise do this
RICK



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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